

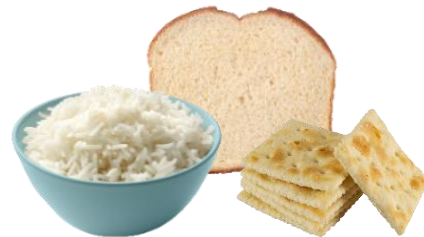
Crediting Enriched Grains in the Summer Food Service Program

This guidance applies to the U.S. Department of Agriculture's (USDA) meal patterns for the Summer Food Service Program (SFSP). To credit as the grains/breads component, grain products and recipes must be whole grain, enriched, or contain a blend of whole and enriched grains. Bran and germ credit the same as enriched and whole grains. Cooked and ready-to-eat (RTE) breakfast cereals must be whole grain, enriched, or fortified. For additional guidance on the SFSP meal pattern and crediting requirements for the grains/breads component, review the CSDE's resource, [Requirements for the Grains/ Breads Component of the SFSP Meal Patterns](#), and visit the "SFSP Meal Patterns" and "Grains/Breads Component for the SFSP" sections of the CSDE's SFSP webpage.



Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include:

- thiamin (vitamin B₁, thiamin mononitrate, or thiamin hydrochloride);
- riboflavin (vitamin B₂);
- niacin (vitamin B₃ or niacinamide);
- folic acid (folate); and
- iron (reduced iron, ferrous sulfate, or ferric orthophosphate).



If the grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. Examples of enriched ingredients include enriched flour (21 CFR 137.165) and enriched cornmeal (21 CFR 137.260). Examples of enriched products include enriched bread, rolls, and buns (21 CFR 136.115); enriched macaroni products (21 CFR 139.115); enriched noodle products (21 CFR 139.155); enriched rice (21 CFR 137.350); and enriched farina (21 CFR 137.305).

Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients originally present in the whole grain. For best nutrition, serve whole-grain products most often

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Identifying Enriched Products

The ingredients statement for commercial products lists ingredients by weight, from most to least. The closer an ingredient is to the beginning of the ingredients statement, the more of it the food contains. A commercial product is enriched if it meets at least one of the two criteria below.

1. The food is labeled as “enriched.” For example, long grain rice that is enriched will have the product name “enriched long grain rice.”
2. An enriched grain is the first ingredient in the food’s ingredients statement; or water is the first ingredient and an enriched grain is the second ingredient. The label will usually state “enriched flour” or “enriched wheat flour,” or the grain ingredient includes a sub-listing of the five enrichment nutrients in parenthesis. The ingredients statements below show examples of enriched products.
 - Ingredients: Water, *enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid)*, water, sugar, soybean and/or canola oil, buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, fructose, soy lecithin.
 - Ingredients: *Enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid)*, soybean oil with TBHQ for freshness, salt, contains two percent or less of corn syrup, baking soda, yeast, soy lecithin.

Table 1 shows more examples of enriched commercial grain products. For guidance on identifying enriched ready-to-eat (RTE) and cooked breakfast cereals, review the CSDE’s resource, [Crediting Breakfast Cereals in the SFSP](#).

Crediting Criteria for Commercial Combination Foods

Commercial combination foods that contain a grain portion (such as pizza crust in pizza, baked fish coated with breadcrumbs, and noodles in lasagna) credit as an enriched grain if the first **grain** ingredient is enriched, or the first ingredient in the **grain portion** is enriched. The ingredients statements below show examples of breaded chicken nuggets that credit toward the grains/breads component. The first product contains enriched flour as the first grain ingredient. The second product contains enriched flour as the first ingredient in the grain portion.

- Ingredients: Boneless, skinless chicken breast with rib meat, water, *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.



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- Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breeding set in vegetable oil.

SFSP sponsors must obtain a Child Nutrition (CN) label or product formulation statement (PFS) to determine the grains/breads servings in the grain portion of commercial combination foods. For more information, review the CSDE's resources, [Child Nutrition \(CN\) Labeling Program](#), and [Accepting Processed Product Documentation in the SFSP](#).

Table 1. Examples of enriched commercial grain products ¹

Saltine crackers (group A)

Ingredients: *Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, canola oil, palm oil, sea salt, salt, malted barley flour, baking soda, yeast.



Oat bran bread (group B)

Ingredients: *Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, oat bran, sugar, oats, wheat gluten, soybean oil, salt, yeast, molasses, preservatives (calcium propionate, sorbic acid), monoglycerides, natural flavor, calcium sulfate, grain vinegar, datem, soy lecithin.



Pancakes (group C)

Ingredients: Water, *enriched flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)*, high fructose corn syrup, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk, artificial flavor.



Spanish rice (group H)

Ingredients: *Enriched long grain parboiled rice (rice, iron, niacin, thiamine mononitrate, folic acid)*, onion, salt, red & green bell pepper, spices (including red pepper), sugar, yeast extract, tamari soy sauce (soybean, salt) & garlic.



¹ The serving must provide the required weight (groups A-E) or volume (groups H and I) for the appropriate group in USDA's Exhibit A chart or contain the minimum creditable grains. For more information, see "[Serving Size](#)" in this document.

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Grains that are Not Enriched

Not all refined products are enriched. For example, when manufacturers process corn into cornmeal, they remove the germ of the grain. The resulting cornmeal is not enriched unless the product states “enriched cornmeal,” or the ingredients statement lists the five enrichment nutrients, e.g., “enriched cornmeal (cornmeal, niacin, iron, thiamine mononitrate, riboflavin, folic acid).”

Grain products that are not enriched cannot credit as the grains/breads component. The ingredients statement below shows an example of a commercial chicken nugget product with noncreditable breading. The wheat flour (first ingredient in the breading) is not enriched.

- Ingredients: Boneless chicken breast with rib meat, water. Contains less than 2% of salt, onion powder, garlic powder. **Breaded with:** *wheat flour*, water, yellow corn flour, dextrose, sugar, salt, yeast. Contains less than 2 % of spice, extractives of paprika, soybean oil, guar gum, garlic powder, natural flavors.

Menu planners must check the ingredients statement to ensure that commercial grain products are enriched. Table 2 lists additional examples of grain ingredients that are enriched and not enriched.

Required crediting documentation

If the ingredients statement does not provide sufficient information, the SFSP sponsor must obtain a PFS from the manufacturer to document the amount of enriched grains in the product. For information on PFS forms, review the CSDE’s resources, [Product Formulation Statements](#) and [Accepting Processed Product Documentation in the SFSP](#), the USDA’s PFS form, [Product Formulation Statement for Documenting Grains/Breads Servings](#), and the USDA’s handout, [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#).

To determine if foods made on site contain enriched grains, SFSP sponsors must review the recipe’s grain ingredients. For information on crediting recipes, visit the “[Crediting Foods Prepared on Site in the SFSP](#)” section of the SFSP webpage.



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Table 2. Examples of grain ingredients that are enriched or not enriched ¹	
Enriched	Not enriched ²
Bleached enriched flour	Bleached flour
Enriched bromated flour	Bromated flour
Enriched corn flour	Corn flour ³
Enriched corn grits	Corn grits ³
Enriched cornmeal	Cornmeal ³
Enriched degerminated cornmeal	Degerminated cornmeal
Enriched durum flour	Durum flour
Enriched durum wheat flour	Durum wheat flour
Enriched farina	Farina
Enriched flour	Flour
Enriched rice	Rice
Enriched rice flour	Rice flour
Enriched rye flour	Rye flour
Enriched self-rising flour	Self-rising flour
Enriched semolina flour	Semolina flour
Enriched wheat flour	Wheat flour
Enriched white flour	White flour
Enriched white cornmeal	White cornmeal ³
Enriched yellow cornmeal	Yellow cornmeal ³
Milled corn enriched with....(<i>lists the five enrichment nutrients</i>)	Milled corn ³
Puffed wheat enriched with....(<i>lists the five enrichment nutrients</i>)	Puffed wheat
Puffed rice enriched with....(<i>lists the five enrichment nutrients</i>)	Puffed rice
Unbleached enriched wheat flour	Unbleached wheat flour
Unbleached enriched white flour	Unbleached white flour
<p>¹ This list is not all-inclusive.</p> <p>² These ingredients are not enriched unless the label states “enriched” or the ingredients statement lists the five enrichment nutrients.</p> <p>³ Some cornmeal products may require a PFS to determine if they are enriched or nixtamalized (soaked and cooked in an alkaline solution). Nixtamalized corn ingredients credit as whole grains.</p>	

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Serving Size

The required amount for the SFSP grains/breads component is in servings. The USDA allows two methods for determining the servings of a creditable grain product or recipe. SFSP sponsors may use either method, but must document how the crediting information was obtained.

- **Method 1 (USDA’s Exhibit A Chart)** is used for commercial grain products and may also be used for recipes that indicate the weight of the prepared (cooked) serving. This method uses the USDA’s chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#), to determine the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group. The CSDE’s handout, [Servings for Grains/Breads in the SFSP](#), lists the Exhibit A grains/breads servings that apply to the SFSP meal patterns.
- **Method 2 (creditable grains)** is used for recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving. This method determines the grain servings for creditable grain products and recipes by calculating the total weight (grams) of creditable grains per manufacturer’s serving (from the PFS) or recipe serving (from the quantities listed in the recipe). For some commercial grain products, SFSP sponsors must use method 2 (instead of the USDA’s Exhibit A chart) to determine the grain servings.

For detailed guidance on both methods, review the CSDE’s resource, [Calculation Methods for Grains/Breads Servings in the SFSP](#).

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels. Consider children’s age and developmental readiness when deciding what types of grain foods to offer in SFSP menus. This consideration is also important for children or adult participants with a disability that requires dietary restrictions. For additional guidance, visit the “[Choking Prevention](#)” section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage.

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Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/AcceptDocumentationSFSP.pdf>.

Calculation Methods for Grains/Breads Servings in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/GrainCalculationSFSP.pdf>

Crediting Breakfast Cereals in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditCerealsSFSP.pdf>.

Crediting Foods in the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Whole Grains in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditWholeGrainsSFSP.pdf>.

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grains/Breads Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks: Completed Sample (USDA): https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Requirements for the Grains/Breads Component of the SFSP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/ComponentGrainsBreadsSFSP.pdf>

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Servings for Grains/Breads in the SFSP (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/ServingsGrainsBreadsSFSP.pdf>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

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For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditEnrichedGrainsSFSP.pdf>.

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